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## 防晒资讯

- 1.寻找阴凉处遮荫，避免于上午10点至下午4点在阳光下曝晒
- 2.穿戴宽边帽
- 3.穿戴太阳眼镜
- 4.使用防晒霜
  - a.SPF 指数30或以上
  - b.在接受日光照射的前15分钟涂抹
  - c.若需持续在阳光下活动，每两小时重新涂抹一次
- 5.穿着能覆盖较多皮肤的衣物

The information provided in this document is intended as an resource only and should not be used as a substitute for professional diagnosis and treatment. Please consult your health care provider before making any health care decisions or for guidance about a specific medical condition.